

STRESS AND THE GI

GENERAL INFORMATION

1. Stress-related GI symptoms:
 - a. Heartburn
 - b. Indigestion
 - c. Nausea & Vomiting
 - d. Diarrhea
 - e. Constipation
 - f. Lower Abdominal Pain
2. What causes these symptoms?
 - a. Unclear and heavily debated subject.
 - b. However, animal studies have identified the hormone corticotropin releasing factor (CRF) as the main culprit.



CANNABIS-USE

1. Using cannabis to cope with stress is a maladaptive response, which can lead to a dependency cycle - balance is key.
2. Certain people are more at risk for cannabis-use disorder including, but not limited to individuals:
 - a. Living in a dysfunctional household
 - b. Experiencing a stressful life event
 - c. Living through trauma
 - d. Having poor self-control
3. Leading a lifestyle which incorporates healthy coping strategies can reduce this risk.



COVID-19 AND THE GI

1. COVID-19 cases can present with GI symptoms (note: sometimes, but rarely, the only symptom is a GI manifestation!).
2. Common GI presentations associated with COVID-19:
 - a. Diarrhea
 - b. Loss of Appetite
 - c. Nausea
3. If you are experiencing any new-onset GI symptoms that seem to be without cause, get tested and seek medical care!



STRESS MANAGEMENT

1. Psychotherapy: according to research, the following methods may help in teaching individuals to cope with stress in the context of gastrointestinal symptoms:
 - a. Cognitive Behavioural Therapy (CBT)
 - i. Helps individuals to retrain the thought process in order to think more positively.
 - b. Relaxation Therapy
 - c. Hypnosis



References

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